

8 Ways to Reduce Anxiety



Everyone suffers from anxiety now and then, but if you seem to be anxious more often than not, your health and your relationships may suffer unnecessarily. These tips can help you through anxious periods to get you back to your normal routine with a clear and peaceful mind.

Write it Down

Sometimes we feel anxious without even knowing why. Sit down and think about all the things that could be making you anxious. Maybe your electric bill is late and you don't get paid for another two weeks. Maybe your teenager is acting out, or your spouse is traveling overseas on business, or your house is a wreck and you don't know where to begin fixing it. Whatever seems to be triggering your anxiety, put it on paper then go down the list and put a checkmark next to things you can control. From there, take action. Call the electric company and set up a payment plan. Find some quality information on the Internet about how to speak to a troubled teenager. Clean just one room in your house every day until it's manageable. Accept the things you can't control, and put them out of your mind by telling yourself out loud that there is nothing you can do but stop worrying until it's time to worry.

Start a Gratitude Journal

During periods of anxiety, it's hard to see the forest for the trees. You're so consumed with worry that it emanates from you and blocks all else. Find a quiet place and make a list of all the things that are going right in your life. Include the things you're grateful for. Seeing this list in writing can help alleviate symptoms of anxiety and give you a larger perspective.

Exercise

Exercise is a powerful mood lifter, releasing endorphins and making you feel fit and healthy. Try to exercise every day to help lower your stress and anxiety and improve your general outlook on life.

Avoid Drugs

Alcohol and other depressants can make anxiety much worse. Nicotine and caffeine can also trigger anxiety attacks and make you feel jittery and out of control of your emotions.

Eat a Healthy Diet

Better health for your body is better health for your mind. Avoid sugary, fatty foods and focus on getting plenty of fresh fruits and vegetables. Consume fish and lean meats and drink plenty of water every day to improve your physical and mental health.

Relax

It's tough to relax when you're feeling anxious, but ten minutes of meditation or a half hour of yoga can do wonders for your mental health. Breathe deeply and slowly as you utilize your relaxation technique to calm your mind and body and experience more clarity and positivity.

Sleep

If you're not getting enough sleep each night, your anxiety may be due to lack of rest. Try various sleep-inducing techniques, such as relaxing your body part by part or reciting a mantra over and over. A drop of lavender essential oil on your pillow can help induce sleep and relaxation. If your sleep troubles persist, see your physician.

Don't be Afraid to Get Help

Anxiety disorders are real and powerful. If you're anxious all the time and can't get it under control, see a mental health professional. There are a number of medications on the market to help alleviate anxiety and vastly improve your quality of life. Anxiety disorders are not a weakness, but rather a medical condition that requires intervention.

Teach your child powerful anxiety relief techniques at www.gozen.com